



## Beef Tenderloin with Red Wine Sauce

Serves: 2

### Ingredients:

four 3oz beef tenderloin steaks

2 teaspoon olive oil

1/2 cup dry red wine

1 cup beef stock

kosher salt (to taste)

freshly ground black pepper (to taste)

2 Tbsp shallots, minced

3 to 4 Tbsp cold, unsalted butter

### Directions:

1. Before cooking the steaks, make sure they have come to room temperature. Once you are ready to cook, season the steaks with salt and pepper.
2. Preheat a heavy fry pan over medium-high heat. Once the pan is hot, add the oil. As soon as the oil just starts to smoke, add the steaks. Because the steaks are a bit thicker, turn the heat down to medium to medium low. Cook to desired doneness.
3. Once done, remove the steaks, tent with vented foil and allow to rest while you make the sauce.
4. To start the sauce, over medium to medium low heat, add about one tablespoon of the butter, followed by the shallots. Cook the shallots until soft and golden. Once ready, deglaze with the red wine, making sure to scrape up any brown bits from the bottom of the pan. Let the liquid reduce until you reach a syrupy consistency.
5. Next add the stock and any juices from the resting steaks and reduce again until slightly thickened.
6. To finish the sauce, turn on the heat and swirl in the cold butter, a bit at a time. The butter not only helps to thicken the sauce, it also adds richness and shine. Finally, season the sauce with salt and pepper to taste. Spoon hot pan sauce over the steaks and serve immediately.